

# DARE TO . . . ACHIEVE YOUR DREAM

## WHAT'S HOLDING YOU BACK?

BY THE INSPIRATIONAL  
INFLUENCERS



# A NOTE FROM THE AUTHORS

**WELCOME, MY BEAUTIFUL FRIEND;**

WELCOME TO THE DARE TO ACHIEVE YOUR DREAMS BLUEPRINT. THIS IS A COLLABORATION OF 6 WOMEN ENTREPRENEURS AND COACHES, WHO HAVE LEARNED TO BREAK THROUGH THEIR OWN BARRIERS ON THE PATH TO THEIR DREAMS, AND HAVE COME TOGETHER TO SHARE THEIR SECRETS HERE WITH YOU.

THE DARE TO ACHIEVE YOUR DREAMS BLUEPRINT IS NOT ONLY A **HOW TO** BUT ALSO A **WHY TO** GO FOR YOUR DREAMS.

AS YOU MOVE THROUGH THE BLUEPRINT, YOU WILL COME TO UNDERSTAND THAT A CLEAR **WHY** WILL HELP MAKE YOUR **HOW** SO MUCH EASIER. IT WILL TAKE YOU THROUGH THE FOLLOWING CHAPTERS WITH PERSONAL INSIGHTS FROM THE AUTHORS, INTROSPECTIVE QUESTIONS AND INSPIRATION . . .

UPON COMPLETING THE FINAL CHAPTER, YOU'LL HAVE A RENEWED SENSE OF PASSION, PURPOSE AND CLARITY AND WILL KNOW, WITHOUT A DOUBT, YOUR DREAM IS WITHIN REACH.

**LET'S GET STARTED . . . .**

*Inspirational Influencers*



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**DISCOVER** the  
secrets to  
transforming your  
inner and outer  
world

**LEARN** how to  
become the  
best version  
of yourself

# A STEP BY STEP GUIDE TO CHANGING YOUR LIFE

**MASTER** the hidden  
wisdom that will take  
you to the next level

# CHAPTER ONE

Lori Friesen

# I CAN SEE CLEARLY NOW!



When you dare to achieve your dream, one thing that might hold you back is your inability to connect to a clear and compelling Vision of what you would love to experience. This Vision is the fuel you need to get moving in the direction of your dream TODAY!

People often confuse their goals with their Vision and it is important to understand the difference.

Goals are measurable. You can check off a box and say “yes, I attained that”! But goals are not enough to fuel and propel you towards your dream. You need Vision for that.

Your Vision is bigger and more inspiring than a goal - your goals actually arise as a result of your compelling vision. As you learn to create your Vision, and incorporate it into your daily life, it becomes more tangible with every day that passes and you begin to experience your vision as if it has already happened,

# I CAN SEE CLEARLY NOW

## Sample Goal



Lose 20 pounds

## Sample Vision

To feel strong and confident in my body, to be able to run, play and be healthier than I've ever been.



Have a million dollars in the bank

To experience an abundant life doing work that I love, with the ability to travel, seek adventure all around the world, and to give back to organizations that are close to my heart.



Marry the love of my life

To share my life with someone who makes me laugh, shares my values and loves exploring spirituality.

Can you see where the goal is an important stepping stone toward the Vision? But, the **Vision** is bigger and more inspiring! When you connect every day to your Vision instead of your goals, you find the motivation and energy you need to get moving **RIGHT NOW**, instead of the proverbial **someday**.

# I CAN SEE CLEARLY NOW

What about you? What's your Vision? Do you have a Vision? Or maybe you realize now, that all you've ever had are goals,

If you're ready to build a Bigger Vision or perhaps your First Vision, keep reading...

[Merriam-webster.com](https://www.merriam-webster.com) defines **Vision** as ***“a thought or concept formed by the imagination”***. So, in order to start building your Vision, you need to engage your imagination.



Do you remember when you were a child and your imagination would take you to all kinds of wonderful places? Maybe you imagined you were an astronaut blasting off into space, or an amazing athlete leading your team to triumph, or a famous singer on stage in front of thousands of adoring fans.

As a child, using your imagination came easily and naturally. But then something started to shift as you grew older and were taught that imagination and daydreams have no place in the real world. You might have thought that you would love to study rocks or be a writer when you grow up but a well-meaning school counsellor told you that computer network specialists would be in high demand with a good paying salary, and that you would be better to go that route.

You were taught not to get your hopes up too high, not to dream too big, and maybe even heard the words *“who do you think you are?”* You were also encouraged to focus on all the reasons that something couldn't happen, instead of all the reasons they could. All these little things drained the imagination right out of you but that's exactly what you need to recapture, in order to build your compelling Vision.

# I CAN SEE CLEARLY NOW

## CALL TO ACTION

- ✓ You're going to focus on crafting a clear and compelling One Year Vision for yourself by completing the following Vision Sheets exercise...

- Sit quietly where you won't be interrupted.
- Have 5 sheets of blank paper and a pen or your electronic device nearby. Write the following headings at the top of each page (one heading per page)...
  - Career/Work
  - Relationships
  - Finances/Abundance
  - Health/Wellness
  - Spirituality/Connection
- If you like, have some quiet music, ocean waves or nature sounds playing.
- Relax using any body relaxation method that works for you.
- Imagine that it's one year from now and you're waking up in bed...
  - You are so comfortable and in no hurry to go anywhere.
  - You allow yourself to lie there and think about everything you love about your life.
  - Let yourself imagine that you are actually in that moment.
  - Feel the covers on you.
  - Hear the morning sounds.
  - Perhaps the windows are open and you can smell the fresh air or coffee brewing in the kitchen.



# I CAN SEE CLEARLY NOW

Grateful

- As you lay there, think about your life and how thrilled you are with every aspect of it . . . your career, your relationships, your finances, your health and your spiritual path. Everything has fallen together in the most amazing way and you love your life.
  - What specifically are you noticing as you imagine your life?
  - What are you seeing?
  - What are you hearing?
  - What are you experiencing?
  - Paint a vivid picture in your mind of a life you would love!
- When you begin to experience a real sense of your Vision, start writing down what you imagined on your Vision Sheets, starting with the sentence, "I'm so grateful now that..."
- Fill up your sheets with everything you can imagine you would love to be experiencing one year from now.
- When you've finished writing, re-read each sheet. Are you dreaming big enough or have you written down what you think you might be able to attain? Let your imagination run wild, just like when you were a child.
- Review everything and enhance your Vision wherever you can. Remember, you want it to be compelling and inspirational.
- This entire exercise could take an hour or a few days but don't let it drag on for weeks and months. You'll know you're done when you read your Vision Sheets and you feel a stirring of excitement and sense of anticipation for what your life will be.



## What Next . . .

- Read your Vision Sheets every morning and evening to stay connected to your Vision and to fuel your action.
- You can also record yourself reading your Vision Sheets and listen to the audio every morning and evening.
- In addition to your Vision Sheets, there are two other powerful tools you can use to super charge your personal Vision...

# I CAN SEE CLEARLY NOW

## Vision Board

- ✓ A Vision Board is a visual representation of everything on your Vision Sheets, and more! There are many on-line Vision Board applications you can use but I personally recommend going old school with the following steps...
  - Find a poster board, a pile of old magazines, scissors, glue and tape, and set aside some quiet, uninterrupted time.
  - Next, perform your body relaxation exercise and read or listen to your Vision Sheets three times.
  - Then start flipping through the magazines with these ground rules in mind...
    - *Don't think about what SHOULD be on your Vision Board – that's too contrived.*
    - *Don't get hooked into reading any articles in the magazine, no matter how interesting they seem (you can return to them after you've created your Vision Board).*
  - Start flipping through the magazines slowly and if a word, heading, colour or picture catches your attention, don't question it or try to figure it out, simply cut it out and set it aside.
  - Once you've flipped through all the magazines, or once you have a good pile of clippings, start arranging them on your poster board (don't glue or tape anything down until you have the whole board arranged).
  - Once everything looks and feels right, go ahead and start gluing or taping.
  - Have fun doing this – you can't get it wrong!



# I CAN SEE CLEARLY NOW



Once you're done, stand back and have a good look at your Personal Vision Board. What do you think? Are there a couple of pictures or words that have you a bit baffled? Good! I love it when that happens – those are the things that often hold the most magic! Here's a couple of examples I've witnessed in my own and clients' Vision Boards...



- I felt compelled to put a picture of the Eiffel Tower on my Vision Board but had no plans whatsoever to travel to Europe. I didn't argue with it and placed the picture on my Vision Board. Two months later I found out I would be travelling to Las Vegas for a conference. I stayed at the Paris Hotel with the "Eiffel Tower" directly outside my window!



- One of my clients was baffled by a picture of colourful row-housing from Denmark that made its way onto her Vision Board. She was unemployed, having financial challenges and had no plans for travel anywhere. I assured her the image was meant to be there and you can imagine my surprise when she contacted me 6 weeks later to say that she had found work as a property manager at a housing complex that looked exactly like the picture on her Vision Board!

Finally, place your Vision Board somewhere you will see it every day (don't hide it away in a closet). Look at it for a few minutes each day and see what image or word attracts your gaze. Don't try to figure anything out – simply enjoy the images and words that appear, and get ready for the revelations and magic that will ignite your Vision even more!



# I CAN SEE CLEARLY NOW

## Gratitude



Nothing energizes your Vision, or your life, more than gratitude. As you stay connected to your personal Vision and bring it to life with your imagination, it will start to come to life in your present day in small and interesting ways. Watch for these incidents and express gratitude for this evidence of your vision coming to life.

It might be a chance meeting with someone who's instrumental in moving your business forward. Or a rift you were experiencing in a relationship seems to inexplicably fade away. If you're moving towards more financial ease, notice your credit card balance moving downwards each month. From a health perspective, are you sleeping better or noticing more flexibility and strength? And from a spiritual perspective, are you starting to experience the benefits of your new meditation program? No matter how small or seemingly inconsequential, watch for any connection between the present and your Vision and be grateful for this early evidence of what's to come.



As you connect to your Vision every day, in your mind and in your heart, you will discover the fuel that gets you moving in the direction of your dreams, and keeps you moving when times get tough.

# IT'S TIME TO GET OFF THE FENCE

“Live your dreams now, to any degree that you can. With every purchase. Every decision. Every hello and goodbye. Every assignment. Every conversation. Every meal. Every morning, afternoon, and evening. And never, ever, ever look back. Reframe every thought, word, and deed from the perspective of the person you’ve always dreamed you’d be, as if your life was already as you’ve always dreamed it would be. Die to yesterday’s illusions and be reborn to the truth of your Vision. And let’s just see if you can handle the torrent of treasures that come your way.” ~ Mike Dooley ~



“There is a big difference between interest and commitment. When you’re interested, you do it when circumstances permit. When you’re committed, you make it happen.” ~Brian Moran~

Now that you have a Super Charged Vision in place - a Vision of the life you would love to live - it’s time to shift gears into Drive. And the most important question to ask yourself at this point is, **“Am I interested in my Vision or am I committed to my Vision?”**



In the same way your car’s GPS keeps you on track toward your destination, so will your Vision. Even if you make a wrong turn, your GPS will guide you back on the right path at the next available turn, and your Vision will do the same.

**How do you truly know if you’re interested or committed?  
The answer is simple ~ Are you making steady progress  
toward your dream?**



# IT'S TIME TO GET OFF THE FENCE!

## Are You Interested Or Committed?

### INTERESTED

NO ROUTINE IN PLACE

EASILY PULLED OFF TASK

THERE NEVER SEEMS TO BE  
ENOUGH TIME

YOU KEEP YOUR VISION TO  
YOURSELF AND WOULD HAVE A  
DIFFICULT TIME ARTICULATING IT

YOU ALWAYS SEEM BUSY BUT  
MAKE NO DISCERNIBLE PROGRESS  
TOWARDS YOUR VISION

YOU BECOME EASILY  
DISCOURAGED AND FRUSTRATED

YOU FOCUS ON WHAT'S NOT  
WORKING AND YOU DOUBT  
YOURSELF

### COMMITTED

CLEAR ROUTINE YOU STICK TO NO MATTER  
WHAT!

YOU DO THE HARD THINGS FIRST

YOU MAKE TIME FOR WHAT'S IMPORTANT

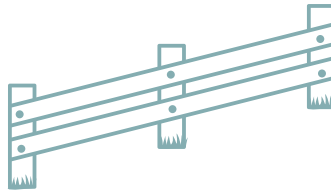
YOU CAN CLEARLY ARTICULATE YOUR  
VISION AND SHARE IT WITH A COACH OR  
ACCOUNTABILITY PARTNER TO MAKE IT  
A REALITY

YOU HAVE TRACKING AND ACCOUNTABILITY  
IN PLACE WITH STEADY PROGRESS BEING  
MADE

YOU'RE ENTHUSIASTIC AND  
MOTIVATED ~ NOTHING CAN STOP YOU

YOU HAVE A POSITIVE AND  
ABUNDANT MINDSET WHICH FUELS  
YOUR CONFIDENCE

# IT'S TIME TO GET OFF THE FENCE!



- ✔ **QUESTION #1:** What habits and attitudes indicate that you might only be interested in your Vision?

A large, empty light gray rectangular box provided for the user to write their answer to Question #1.

- ✔ **QUESTION #2:** What habits and attitudes indicate that you are **TOTALLY COMMITTED** to your Vision?

A large, empty light gray rectangular box provided for the user to write their answer to Question #2.

- ✔ **QUESTION #3:** What could you start doing differently today to tip the scales from Interested to **TOTALLY COMMITTED**?

A large, empty light gray rectangular box provided for the user to write their answer to Question #3.

# CHAPTER TWO

Sherry Buckley Brown

# INTENTIONAL ACTION

## HOW TO **MOVE** FROM THINKING **TO DOING**

It's amazing how we plan our vacations, buy a home and maybe even start a family. But when it comes to goal setting, we often hesitate putting an intentional plan together. BUT why wait when you can start reaping the benefits sooner?

Fear paralyses many people into inaction, so they just keep on doing the same old thing they've always done. Fear stops them from setting new goals in case they achieve them. Fear holds you inside your comfort zone and stops you from setting big goals.

Heres a great article that provides more insight into this phenomenon. . .

- ✔ **7 REASONS WHY PEOPLE DON'T SET GOALS....AND WHY YOU SHOULD.** (April 5, 2017, In Recruitment Sales by Gavin Ingham)  
[Click here for the article.](#)

### Let's get started:

- ✔ **KNOW YOUR WHY** - Visualize what success looks like to you and set your intention. Close your eyes and imagine the best possible outcome for yourself. Imagine what it looks like completely. What would your family and friends say about your success? Where would you live? What legacy will you leave? Visualize ALL THE POSSIBILITIES!



# INTENTIONAL ACTION



**QUESTION #1: What does SUCCESS look like for you?**

**QUESTION #2: LIST three or four goals that you would like to attain.**

# INTENTIONAL ACTION



**IDENTIFY OBSTACLES:** Sometimes in spite of the best intentions and thorough planning, obstacles get in the way. This includes the EFFORT it will take to get there. **Be aware of pitfalls. If you fall off, get back on and try again. NEVER QUIT!**

✓ **List 3 Potential Obstacles You Might Face:**

**COMMIT - Focus on the rewards....**



- Sometimes this will require you to go back, get quiet and visualize again.
- Create successful habits. (i.e., A Daily Mantra, Exercise, Meditation, Do something positive every day, Set Reminders, etc.).
- **Celebrate the small victories!**

✓ **List 3 Strategies You Will Draw On To Overcome Obstacles:**

# INTENTIONAL ACTION



- ✓ **BE FULLY COMMITTED . . . TO YOURSELF** and what you want!



- ✓ **BE FLEXIBLE . . .** Remember there is more than one way to get to a successful result. Get Creative and don't beat yourself up!



- ✓ **GET SUPPORT . . .** Tell People, Be accountable to someone. We can sometimes get in our head and be our own enemy. **ASK FOR HELP!**



# INTENTIONAL ACTION

## The importance of *MENTORSHIP*

REMEMBER, you are not in this alone. Mentorship opportunities are readily available to those seeking a mentor. There are various groups and organizations that you can tap into to help you on your journey. Mentors encourage and support and can provide you guidance and help with goal setting and keeping you on track. **FIND A MENTOR**

[Click here for the article.](#)



# CHAPTER THREE

Valerie Simms

# GOALS

# GOAL SETTING THE SMART WAY

## STANDING BEHIND YOUR VOICE



Clearly stating your vision is exciting, empowering and gives purpose and meaning to your dreams ... our next step to fulfilling our vision is goal setting. This is where the 'rubber hits the road', where dreams, visions and desires are broken down into specific, measurable, attainable, relevant and time bound increments known as the S.M.A.R.T goal setting technique.



In order to set your life on fire, we need to dismantle procrastination and put some inspired action behind your vision ... where you long to go, where you belong. Fear and procrastination are often two sides of the same coin. Both take us out of the present moment, away from living in the now. Having clear goals that align with your vision takes away the anxiety and overwhelm moving you toward your dreams and successes. I like to think of goal setting as a 'superpower' that has helped millions leapfrog and flourish in the attainment of mastery surrounding their vision. Your goals should align with your values and long term objectives.

# GOAL SETTING THE SMART WAY

## S.M.A.R.T. Goals

### **S** - Specific

Our goals can't be vague or you will achieve vague results.

### **M** - Measurable

We must be able to measure progress. Decide what evidence will

Prove that you are making progress



### **A** - Attainable

Make certain that you can reasonably accomplish

### **R** - Relevant

Your goals should align with your values and long term objective

### **T** - Time bound

Set a realistic end date for task prioritization

**S.M.A.R.T.** is a well established tool that can be used to plan and achieve your goals by keeping you accountable and on track.

# GOAL SETTING THE SMART WAY



***This isn't dabbling here!***

THERE ACTUALLY IS science behind goal setting. Research shows that people are most satisfied when they're living fully in the moment, while simultaneously moving towards realizing their goals for the future.

People who have had goals outside of their comfort zones have difficulty accomplishing them without the help and support of others, because gritty goals require teamwork.

# SMART Goal Setting Worksheet



- ✔ **SPECIFIC:** IS THE GOAL CLEARLY WRITTEN? IS IT CLEAR WHO NEEDS TO ACCOMPLISH THE GOAL AND ANY SUPPORT THEY NEED?

WHAT'S THE GOAL?

WHY IS IT IMPORTANT?

A LIST OF PROBLEMS THAT MIGHT KEEP YOU FROM COMPLETING YOUR GOAL.

- ✔ **MEASURABLE:** DOES THE GOAL ANSWER THE QUESTIONS OF HOW MANY, HOW MUCH AND/OR HOW OFTEN?

HOW MANY?

HOW MUCH / HOW OFTEN?...

MY THOUGHTS, INTUITIONS, REALIZATIONS...

- ✔ **ACHIEVABLE:** CAN YOU GET THE SUPPORT YOU NEED TO ACHIEVE THE GOAL BY THE TARGET DATE? DO YOU HAVE ALL THE RESOURCES NEEDED TO ACHIEVE YOUR GOAL? ARE THE RESULTS EXPECTED REALISTIC?

SUPPORTS

RESOURCES..

MY THOUGHTS, INTUITIONS, REALIZATIONS...



# SMART Goal Setting Worksheet

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✔ **RESULTS BASED & RELEVANT:** MATCH WITH VALUES AND OBJECTIVES

WHAT WERE THE BENCHMARKS?

WHAT IMPROVED?

WHAT'S THE FEEDBACK THAT SUPPORTS YOUR GOAL?

✔ **TIME BOUND:** SET A TIME FRAME TO COMPLETE YOUR GOAL

WHAT IS THE SPECIFIC TIME FRAME YOU ARE SETTING

GOAL 1

GOAL 2

GOAL 3

MY THOUGHTS, INTUITIONS, REALIZATIONS ~ HONEST REFLECTION:

WHAT SUPPORTS AND RESOURCES DID I PUT INTO PLACE TO ACHIEVE MY GOAL IN THE TIME FRAME I SET?

SUPPORTS

RESOURCES..

# CHAPTER FOUR

Elizabeth Bennett & Lori Friesen

# FACE FEAR AND STEP INTO YOUR POWER

## **FEAR - It's time to STEP INTO your POWER!**

What fear has been holding you back from achieving your goals and dreams? What's it costing YOU as you continue to let that fear hold you back?

Who would you be and what would you experience if you could overcome that fear? What if you could use the fuel of that fear to live with passion, achieve your dreams, truly be who you were born to be and do what you are here to do, for yourself and others?

Are you ready to dare to dream even bigger and release whatever's holding you back?



What is Fear? **F**alse **E**vidence **A**ppearing **R**eal . . .

A belief that causes us to *imagine* that we are in danger, with the threat of harm, either physical, emotional, psychological, real or imagined. Fear has a place, in that it helps to make us aware of potential harm (awareness of potential threats ~ bears, lions, tigers ~ you get the point).

Unfortunately, fear can also be the factor that holds us back from pursuing our passion, getting out of our comfort zone and taking real action in the pursuit of our goals and dreams.

While it's one thing to recognize that fear might be holding you back from pursuing your dreams, it's quite another to know what to do about it. Here are powerful Fear-Busting Strategies that will help you move from Fearful to **Fearless**, and closer to Your Dream.

# FACE FEAR AND STEP INTO YOUR POWER

## Positive Perspective



Fear often masks itself in criticism and negativity; occupying your thoughts and focus and providing “False Evidence” as to why you should be fearful. One way to overcome this is to develop a positive perspective no matter what the situation, by adopting the following suggestions:



**Positive Perspective is always about what you choose to focus on.** While there will always be challenging aspects of life - whether health, finances, career or relationships, you can choose to seek out something more positive and hold your focus there. This doesn't mean denying what you are experiencing in life, but recognizing that there are other areas of life that feel better when you hold your focus there.



**Positive Perspective doesn't always change the result, but it always changes your experience.** If you go through life believing you can only be happy when everything is going well, you are giving away your power to feel good to external circumstances. When you realize your positive perspective might not change these external circumstances, but that it allows you to feel better while experiencing them, you'll realize the immediate benefits while you allow the circumstances to begin to improve.



**Positive Perspective is a natural stress reliever.** When you focus on something positive, or even the possibility of a positive outcome; and really hold this vision in your mind - your heart rate will calm, your breath will become deeper and more even, and you will notice the tension leaving your body. From this calmer state, you can become much more creative and strategic in planning your next steps forward.

# FACE FEAR AND STEP INTO YOUR POWER



**Maintaining a positive perspective** takes work, effort, and persistence. When you find yourself needing to once again redirect your focus, show yourself grace and kindness instead of beating yourself up. Surround yourself with positive people and positive messages through uplifting books and podcasts. Set your radar at the start of each day to seek out the positive in your life. Remind yourself of this quote from Wayne Dyer... “when you change the way you look at things, the things you look at change”.

## Personal Mastery

Do you fear that you don't have what it takes? That there are others out there more qualified than you? It takes courage to do a fearless, personal inventory of your level of mastery and then, determine what steps you need to take to improve in order to play at the level you desire. Here are some steps you can try:



·**Believe you can do it.** As Henry Ford famously said, “whether you think you can, or think you can't, you're right”. Don't allow the failures of the past to keep you from dreaming and moving forward today. Drop the notion of failure and call it Feedback, and acknowledge everything you learned from those past situations. See how far you've come and envision how far you will go. You can do anything you set your mind to.



·**Take personal responsibility.** Recognize that your desire for growth and personal responsibility is yours and yours alone. Don't wait for someone else to provide the motivation or direction you desire... **Just Do It!**

# FACE FEAR AND STEP INTO YOUR POWER



**Set Your Priorities.** If everything is a priority, then nothing is a priority. Get really clear on 2-3 key activities that will fuel your personal mastery and don't allow distractions to pull you off track.

**Create a daily plan.** If something's scheduled, it's much more likely to get done. Block time on your calendar for these critical activities and honour these appointments with yourself the same way you would with a friend or colleague. Determine what time of day you're at your best for any physical, mental or spiritual pursuits, and optimize your scheduling.



**Just do it.** Mastery doesn't mean perfection. You don't have to be perfect. Your plan doesn't have to be perfect. The pursuit of perfection has stalled too many people and dreams. Work towards mastery, then take a step forward. Do a little more work, and take another step forward. Test, assess, revise, and keep moving forward.

When you fall short... Get back up... Don't make excuses...  
Assess and learn... Be kind to yourself.

## Community

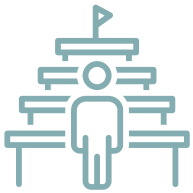


It's easy to feel fearful when you're facing something all alone. When you live in close connection and community with others, you move out of fear and into empowerment. Close relationships and community remind you that:

You are not alone.  
You don't have to face everything alone.  
You don't need to have all the answers.  
You can live fearlessly when you have connection and support.

# FACE FEAR AND STEP INTO YOUR POWER

## Perseverance



Perseverance is all about sticking it out through obstacles, difficulties, and fear. Perseverance will become a more accessible state as you begin to embrace the other strategies noted above.

**\* Positive Perspective \* Personal Mastery \* Community \***

Here are three ways to persevere even when all seems lost:



**Love yourself.** When you develop love and self-compassion for yourself, you can learn to experience failure and change it from something you fear into something you embrace. The biggest challenge is giving yourself permission to relate to yourself and failure differently. People who learn to be kind to themselves feel more motivated to see their mistakes as a chance for growth.



**Learn... from failure.** To overcome failure, you need to learn from it. If you don't learn from it, if you don't reframe it from failure to feedback, you risk making the same mistakes over and over again. Celebrate the idea that at times, only by falling on your face, do you learn enough to succeed down the road. Build on these failures. Use them as stepping stones. Learn and simply move on, all the wiser for what you've experienced.

Fearless

**Live... be fearless!** Everything you want is on the other side of fear. Every dream, aspiration, or idea, every awakening of new possibilities and potential. The only thing that makes a dream impossible to achieve is the fear of failure. So live! Be resilient and fearless!

# FACE FEAR AND STEP INTO YOUR POWER

- ✓ Now that we've taken this journey through fear together, spend some time to **reflect** on, and **journal** your answers to the following questions:

Which fears are holding you back from achieving your goals and dreams?

What's it costing YOU, as you continue to let fear hold you back?

Who would you be and what could you experience, if you could overcome fear?

It's time to start using your fear as fuel so you can live with passion, achieve your dreams, be who you were born to be, and do what you are here to do, for yourself and others!

**Are you ready to dare to dream even bigger ...**  
and release what's holding you back?



# CHAPTER FIVE

Elizabeth Bennett

# WHAT'S MINDSET GOT TO DO WITH IT?

## What Does Mindset Have To Do With It?

What underlying story are you telling yourself when it comes to being successful?

Are you able to see yourself as a successful entrepreneur who is capable of improving learning and growing from your failures and successes? Or do you believe that you are stuck in this place of believing that your circumstances, be they skill based, financial or otherwise are what you have and there's nothing you can do, you'll just live with how it is?



Depending on how you answer these questions may help you to determine whether you currently have a fixed or a growth mindset.

These are actually primary drivers of your motivation and world view. . . ” according to Dr. Carol Dweck, author of “Mindset: The New Psychology of Success”

Growth Mindset isn't magical! When you have a vision, a passionate purpose and you are determined to get the job done, whatever that looks like for you ~ this creates the powerful foundation with which your mindset is one of growth and you enjoy the full benefits of success and contribution.

# WHAT'S MINDSET GOT TO DO WITH IT?



## RIGID MINDSET

View dreams as childish

Hunger for approval of others

Proving that you are great rather than embracing that you can improve

Hiding deficiencies rather than learning and growing

Run from challenges

Often quit and find excuses when things get tough



## EXPANDING MINDSET

View dreams as **"the only way to success"**

Don't seek rewards or external validation (nice, but not necessary)

Passion for learning and growing

Embrace and rise up to challenges that stretch you

Stick with it and try harder when things get tough

# WHAT'S MINDSET GOT TO DO WITH IT?



## SELF-CONFIDENCE

You are setting up your presentation for a pitch that you are giving for your business. On the outside you appear smiling, calm and relatively composed, ready for action.

On the inside you are trying to manage all of the feelings and thoughts that are racing around in your head and your body. “What if I say or do the wrong thing? What if they think I don’t know my stuff? I don’t belong here. Self-defeating thoughts rapidly in your brain, you really want to vomit!

This is an illustration of low self-confidence. It becomes really quite challenging to take risks and try new things. Anxiety heightens, which holds you back, then you only do familiar activities, that you have confidence about. Ex: relationships, living situation, staying how you are in your workplace/space or never going beyond your comfort zone.

Ask yourself “***What’s the worst that could happen***” if I step out and take a risk?. Imagine yourself and how it would feel if (close your eyes and take a deep breath and exhale) you actually won that account, you sold that course or program, you acquired that client.

**Believe In Yourself!**  
**You’ve Got This!**

# WHAT'S MINDSET GOT TO DO WITH IT?

## ✓ SELF-WORTH

You wake up early with the intention of attending the morning yoga class (I'm sure you've been there, well intentioned, however you beat yourself up about already having missed a class or two). You turn over, hit the snooze button and lay awake as you diminish yourself for not going today.

Low self-worth undermines what you are trying to do for yourself. Do you feel that you are worthy of people's attention and their love? Are you deserving and willing to accept receiving good things? Do you have enough to offer other people so that you believe they might value you? Having low self-worth really prevents you from believing in yourself and your value as a person.

"Your self-worth is determined by you. You don't have to depend on someone else telling you who you are." (Author unknown)

- ✓ Ask yourself "**What's the worst that could happen**" if you just allowed yourself the space to make a decision, to step into your greatness without guilt and enjoy the process of learning and growing?

# WHAT'S MINDSET GOT TO DO WITH IT?

## SELF-ESTEEM

- ✓ You are gathering with your friends for a drink and they are all chatting about the top players and stats of hockey, the standings and who will make it into the playoffs this year. “I can’t remember players names, let alone their stats ~ I don’t even know that much about hockey. I feel like an idiot. These people are so much more intelligent and smarter than me”

You don’t need to know everything about this game or any other stats in order to enjoy the game. In fact, you don’t even need to like hockey or any other sport. Being with your friends and enjoying their company is the main activity. With this illustration you are filtering your view through the lens of ‘I’m not enough’ which is not true or accurate. Keep in mind that you also have your own experiences and areas of enjoyment that you are free to share as well.

“ Comparison is the death of joy!”

*Mark Twain*

- ✓ Ask yourself “**What’s the worst that could happen**” if you just allowed yourself to enjoy the company and the excitement that your friends are sharing with you about something that they enjoy. Your relationship with your friends should not be connected to your self-esteem. Your intelligence, your personality, your appearance and success are areas that you need to celebrate.

**You Are Good Enough!**

# WHAT'S MINDSET GOT TO DO WITH IT?

## ✓ SELF-KNOWLEDGE

You have just completed the presentation in hopes of obtaining a new client / product / service and the feedback you received indicated that you might need to refine a few areas in order to improve your presentation. You don't take the time to acknowledge the feedback and reflect on how to proceed, but rather, your mind is reeling with thoughts and feelings and you miss the important piece of the feedback. "I might as well quit now, I can't do this!"

- ✓ Ask yourself "**What's the worst thing that could happen**" if you allowed yourself to acknowledge your strengths and areas of growth?

These areas of strength outweigh the one negative comment. Self-knowledge is being able to identify and know your own gifts and talents, your own wants and needs, your own likes and dislikes and being able to expand on them. Life-long learning and development is KEY!

**Enjoy Your Progress!**

# WHAT'S MINDSET GOT TO DO WITH IT?

## RESILIENCE



The power of resilience expands as you endure tragic circumstances. Although devastated by the terrible and often heartbreaking situations, you find our way.

You also enhance your resiliency in your daily life, whether it's raising a family ~ particularly through the teen years, dealing with stress through work, losing a client, sales, shut down, stress at home or perhaps with aging parents. While navigating through hardships with relationships and friends or even old situations that creep into your mind, the ability to bounce back make you stronger and more powerful in your effort to move on and rise up. Resiliency helps you to keep your head up, focus on taking action and keeping yourself moving forward.

Celebrate the hardships as well as the successes. You are here now, desiring to learn and grow. Take a breath, exhale and smile acknowledging your accomplishments and everything that got you here.

**YOU'VE GOT THIS!**

# WHAT'S MINDSET GOT TO DO WITH IT?

## 10 MINDSET TIPS

- **Be KIND to yourself:** Berating and beating yourself up doesn't help you move forward.
- **Focus on YOU:** "Comparison is the death of Joy!" If you have the need to be competitive, measure yourself against **your own** past results.
- **Release stress by "Movin & Groovin"** Exercise helps to reduce stress and increases your 'feel good' hormones
- **STRIVE** to be the **BEST VERSION of YOU!**
- **Laugh at your mistakes rather than beating yourself up . . .** what does that do for you?
- **What Can I Control?** Focus your energy on what you can control rather than worrying about what is out of your control.
- **Spend some time doing things that bring you JOY!**
- **CELEBRATE** your accomplishments **SMALL or BIG . . .** .It's your **SUCCESS!**
- **ACKNOWLEDGE others** ~ it will make their day!
- **Create a Supportive TEAM** ~ avoid negative people and their actions . . . spend time with people who will help you to **GROW!**



# CHAPTER SIX

Ana-Maria Ortega

# THE POWER TO TURN ADVERSITY INTO OPPORTUNITIES

. . . . through ***GRIT, MENTAL TOUGHNESS,  
PERSISTENCE AND RESILIENCE***

This chapter equips you with the tools to use staggering force against your challenges, so you can conquer them and reach your goals.

In this chapter, you will learn how to:

- Deal effectively with setbacks
- Find the fastest solutions to your challenges
- Draw from your creativity to find new solutions
- Get through hopeless situations
- Believe in yourself and your dreams even during tough times
- Use failure to your advantage

# THE POWER TO TURN ADVERSITY INTO OPPORTUNITIES



## Handling Setbacks Effectively

Setbacks are part of any success journey. One of the biggest differences between those that fail and those who succeed is the ability to handle setbacks constructively. This module gives you enough obstacle-fighting tools to overcome setbacks with overwhelming force. Whatever your challenge, you will learn a strategy that can get you through it with flying colours.

You can be sure that life will at times be a twisting path with “potholes” around, which you must navigate. You have likely been through phases of your life already where you wondered if your luck would ever change. Then, things calmed down and you discovered the smoother, straighter road.

Regardless of where your journey leads, it is important to be able to continue making progress to meet the goals you’ve established for yourself. Through the tough times, **staying focused on what you want in life will keep your spirits high and bring you joy.**

The key, then, to a fulfilled life is to achieve your goals no matter what. This lesson gives you five strategies that you can always use to keep obstacles from stopping you.

# THE POWER TO TURN ADVERSITY INTO OPPORTUNITIES

Try these tips to continue going for your goals even when life's road gets rough:



**1. Know exactly what you are after in life.** What do you want your life to be like? When you are sure, you can then plan your activities over the short and long term to help you achieve your goals.



**2. Keep your list of life goals short and to the point.** Some good examples of life goals are: "Save 25% of my yearly earnings for kids' education, vacations, and retirement," "Take budget-friendly vacations out of the country every 5 years, and Retire when I am 67."



**3. Infuse elements of achieving your goals into your everyday life.** Let's say one of your goals is a trip to Australia, 3 years from now. Have a couple of books about Australia laying around the house, on your coffee table and nightstand. Listen to music from Australia. Watch TV shows about Aussie land.



**4. Have reminders** and tasks to do that are related to meeting your life goals throughout your home. **Make your life goals part of your everyday life** so that even when times get bumpy, you'll be able to keep your eyes on what's really important to you.



**5. Talk positively to yourself.** It can be quite helpful to use positive self-talk. When you do, you'll be more likely to keep working toward your goals in life. Say something like, "I am in a rough patch but I will still keep saving for my retirement and my kids' education."

# THE POWER TO TURN ADVERSITY INTO OPPORTUNITIES

- Other examples of positive self-talk are “I can get through this challenging time just like I did before,” “As long as I keep moving forward, things will be okay,” and “Life has in store many more wonderful adventures for me.”
- Using positive self-talk will keep your spirits buoyed when you feel like you are floundering in choppy waters.



**6. Reflect on your efforts** in order to reinforce them. Even though you may be struggling, think about what you accomplished just this week to achieve your goals. Maybe you made a couple of phone calls, explored the internet to gather information, or drew up a new budget to ensure you're on target for saving for your life goals.

The fact is you did something. And recognizing that will reinforce your efforts in your quest to achieve your goals. You can excel in times of great challenge.

Keep working toward accomplishing your goals even though life throws out more than a few obstacles at you. Know what you are after and stay focused. Make your life goals a part of your daily life and use positive self-talk. Acknowledge what you have done to keep moving forward.

**Apply these strategies to help you consistently work to meet your life goals. If you do, you will accomplish whatever you want, no matter what.**

# THE POWER TO TURN ADVERSITY INTO OPPORTUNITIES



If you know the most common obstacles and how to overcome them, you will have a huge advantage in the game of life. You can look forward to receiving that information in the next lesson.

## **Let's re-enhance your new good habits:**

- Notice what you say to yourself.
- For one day, notice the types of things you say to yourself?
- How much of it is negative?
- How do you think this negative self-talk influences your attitude and results?
- How does it affect your ability to overcome life's obstacles?

# THE POWER TO TURN ADVERSITY INTO OPPORTUNITIES

## **Believing in Yourself through the Toughest Times**

Overwhelmed? You're now going to learn about building belief in yourself and your abilities, even if the situation is grim.

Your mindset will determine your level of success or lack thereof. A positive mindset can empower you to abolish hurdles before they become too challenging.

It may be difficult to believe in yourself when everything around you seems to be crumbling into pieces, but keeping faith is the only way to trudge through the hard times and see yourself clear to better days.



Giving up leaves an emptiness in your heart, whereas keeping on trying to the end offers answers, results and accomplishment, in spite of the outcome.

These powerful mantras play a key role when your endurance is being put to the test:

- I can do it
- I've got this
- I have the physical, emotional, and mental capacity to achieve anything I want
- I can overcome any obstacle before me
- I am strong and smart
- I deserve to complete this task

# THE POWER TO TURN ADVERSITY INTO OPPORTUNITIES

Try these strategies to help you remain steadfast when you are feeling the pressure of tough times:



- **Reflect on the past.** Surely, you have encountered seemingly insurmountable situations in the past. How have you succeeded in the most unpleasant scenarios? Clearly, your ability to overcome these situations speaks loudly for your strength and abilities.



- In some situations, you may be able to **emulate your past solutions by adapting them to fit your current situation.** Other times, you will be able to learn what not to do from past trials and tribulations.



- **The past does not dictate your future.** It's possible to reflect without working up old, unresolved feelings. This is a positive exercise. If you begin to feel negative emotions, move onto another technique, which can help you increase self-confidence in your abilities.



- **Act immediately.** Rather than retreating into your personal cocoon when a situation becomes intimidating, address it immediately. The longer you allow a situation to sit without attention, the more urgent it will become. A perfect example is debt.

# THE POWER TO TURN ADVERSITY INTO OPPORTUNITIES



- Avoid cornering yourself with urgency by creating a proactive plan now. Or, better yet, **have a just-in-case plan before the event ever happens.** It is okay to take a few hours to create a plan of attack. But, if you are still brainstorming weeks from today, you may be stalling.



- Only you can **be the source of a solution.** You are in charge of managing your life and ensuring its success. Take pride in this power. After all, you are free - no one commands you! Your life is what you make of it. And you can use your power to start off on the right foot each and every day.



- **Believe it.** You will make it through. You have found your way out of a tough situation before. You will do it now and again sometime in the future. There is always a way to get your head above the water - always. You will get better at it once you gain experience.



- **You have a fan base of supporters.** Your children, spouse, and extended family are cheering you on every day. Chances are that no one doubts your abilities the way you do. In fact, they have faith in your abilities because you have proven your strength time after time.



- Now is as good of a time as any to **show yourself what you are made of.** Confirm to yourself that you are as strong and tenacious as you suspect yourself to be.

# THE POWER TO TURN ADVERSITY INTO OPPORTUNITIES



- **Everyone encounters hard times** - it is simply a part of life. And a very major part of how you will address these hard times is dependent on your mindset and your ability to believe in yourself, even throughout the toughest of times.



- **Your mindset can be your best friend** or your worst enemy. If you allow your mindset to shift into negative territory, you will end up with negative results. Remember, you attract the energy you exude!

## Let's re-enhance your new good habits:



Think about the biggest challenges you have faced in your life.



How did your mindset affect the outcome?



How would the outcome have changed had your mindset been different?



What can you do proactively to ensure the same challenge is easier to face next time?

# THE POWER TO TURN ADVERSITY INTO OPPORTUNITIES

## Overcoming Failures to Reach Success

The belief you gained in yourself will be useful when attempting to overcome the failures you will inevitably experience over your lifetime. This lesson deals directly with overcoming failure.



The word failure is often used to describe a situation in which your desired goals were not realized at a specific point in time. There are many reasons that could have played a part in your goal not being realized and absolutely none of them have to do with your value as a person.

Let's break down some of the ideas behind unhealthy views of failure and see how taking a more positive approach can help you realize success.



If you are trying out for the varsity basketball team and you don't make the cut, this doesn't make you a failure. It simply means that under these specific circumstances, the coach didn't believe that you possessed the necessary skills to play on this particular team at this point in time.

What much of the pain stems from when not reaching the desired goal is your attachment to outcomes. If you define your own value and worth as a person by whether or not you make a sports team, you are setting yourself up for that awful seven-letter word.



# THE POWER TO TURN ADVERSITY INTO OPPORTUNITIES

It is for this same reason that those who value trying their best regardless of the outcome have more confident and unwavering views of themselves.



You too can have this view when you realize that you are not responsible for certain outcomes after you do everything in your power to achieve them. If you are not currently doing everything in your power to achieve an outcome, then start doing it today! If you already are, then sit back and relax, taking solace in the understanding that you are doing everything you can and cannot ask more of yourself.

It may be worthwhile to step back and assess whether or not this is a matter of a deficit in a particular skill set or something in which allowing yourself more time to reach the original goal is all that is needed.

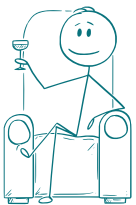


These are the questions that successful people ask themselves when encountering roadblocks to the outcomes that they want to achieve.

As soon as you begin attaching your self-worth to these outcomes, you will likely be overcome with emotion and less capable of using sound logic to increase your chances of success later down the road.

In order to overcome failure, you must experience a dramatic shift in your outlook on the meaning of failure and success.

# THE POWER TO TURN ADVERSITY INTO OPPORTUNITIES



No matter how much you want to be a successful multi-millionaire entrepreneur, if the steps that you are capable of taking to bring yourself closer to that goal are limited at this point in time, you will be subjecting yourself to a constant state of stress by continually expecting yourself to achieve greater results.

Patience will be your friend in changing your thinking about these fundamental concepts and it is also a virtue that nearly all successful individuals possess in ample amounts.



Remember: Never give up. Keep trying. Do the best you can and focus on the process instead of the outcome. The final result will be a success!



## **Let's re-enhance your new good habits:**

Ask yourself the following questions:



How has your view of failure impacted your thoughts and actions in the past?



Imagine what your life would look like if you were free of the fear of failure.

# THE POWER TO TURN ADVERSITY INTO OPPORTUNITIES

## 8 Proven Strategies That Help You Get Through Overwhelming and Hopeless Situations



- **Creativity** can be useful when it seems like the whole world is conspiring against you. This lesson will delve into the strategies you can apply when all hope appears to be lost.



- **Let it go.** If the outcome is inevitable, does obsessing over it ever help? This might feel like giving up, but how intelligent is it to continue with something that can't possibly be won? Make the decision to let go and get on with the rest of your life.



- **Purge your emotions.** Hopefully, you already know several healthy ways to make yourself feel better. Perhaps you feel better after a long exercise session. Others feel relief after a good cry. Maybe having dinner with a friend will boost your spirits. The key is to find a healthy solution. Drinking, drugs and spending money irresponsibly are a few examples of unhealthy alternatives. Choose wisely.



- **Try to learn something.** In most cases, hopeless situations are at least partially the result of poor decisions. Think about how you contributed to the situation at hand. Did you ignore warning signs when you first started dating your partner? Did you take out a larger mortgage than you could afford?
  - It's common to repeat our mistakes. What can you learn to avoid repeated behaviors in the future? Imagine how great your life would be if you only learn from every mistake.

# THE POWER TO TURN ADVERSITY INTO OPPORTUNITIES



- **Enjoy yourself.** Now might be the perfect time to visit your favorite restaurant, take a walk in the park, or see a movie with a friend. Just because life has thrown a curveball doesn't mean you can't have a good time. Have a good laugh and forge ahead.



- **Keep up with your responsibilities.** Your children still need your love and attention. The bills still have to be paid. Avoid letting the other areas of your life suffer.



- **Create a plan for the future.** Looking forward to an interesting and exciting future may be the best way to move forward. If the future seems bleak, it is hard to be happy. Allow yourself to be open to the possibilities and create a compelling future for yourself. Then take one small step towards making that future a reality.



- **Make a list of all the things that fill you with gratitude.** In other words, practice mindfulness. If you think about it, you have lots of things going for you. Make a thorough list and become aware of all you have physically, emotionally, and spiritually.

## Let's re-enhance your new good habits:

- ✓ What should I let go?
- ✓ How many overwhelming situations have I overcome?
- ✓ List everything you have, here and now. Be grateful!

# SELF-INSPIRATION

## Getting to know yourself better

We spend every minute with ourselves, but we don't know ourselves as well as we think. We tend to deceive ourselves, whether you admit it or not; but we can stop it for our own good.

Unfortunately, if you don't know yourself, it's hard to make progress. It's like driving a car that doesn't run well, but you refuse to look under the hood. There are issues under your hood that are in your way!

### Try these techniques to get to know yourself better



- **Take a personality test.** There are plenty of tests available online. Some are better than others, so be sure to do some research before choosing yours. The more sophisticated and useful tests are not free, but you are worth it! (See Page 81 for a free example.)



- **List your values.** What matters to you? What do you stand for? Make a list of your values and put them in order of which are most important to you. Do you live your life according to your values? How would you order your values based on your words and actions?



- **Whom do you admire?** Who are the people you admire the most? Why do you admire them? What character traits and skills do you admire in others? What you admire in others says a lot about you.

# SELF-INSPIRATION



- **Whom do you despise and why?** Just as informative are the people you strongly dislike. Why do you dislike them? What exactly about them is it that you dislike? Do you see any of those traits in yourself?



- **Ask your true friends and family for input.** Your friends and family know more about you than you think. They definitely know a thing or two about you that you don't know. Ask them for assistance in learning more about yourself. Be prepared to be surprised and thankful to embrace their constructive feedback.



- **Imagine watching yourself.** Imagine observing yourself for a day. Imagine watching yourself eat. Imagine seeing yourself in your typical clothing. Imagine seeing yourself leading your company and interacting with clients and employees. Note how you connect with others.



- **Note how you connect with others.** You don't appear to others the way you think you do. This is a chance to see what everyone else sees. If possible, consider setting up a video camera.



- **Make meaningful wishes.** If you could be granted one wish, what would it be? Imagine being given a wish. What would you do with it? What can you infer from that? Wishing for a billion dollars is different from wishing for world peace. Wishing for a loving spouse is different from wishing for the ability to fly or for a new sports car.

# SELF-INSPIRATION

## Dealing With Your Inner Critic

Were you ever about to do something - and then suddenly, that voice inside your head starts talking?



Why did you do that? You're a bad person. No one wants to talk to you. You will never achieve anything in life.

That negative voice inside your head that judges, criticizes, or demeans you is your inner critic. Your inner critic plays a critical role in how you see yourself and your self-esteem; therefore, you have absolute control of it, but not everyone knows this.

When you don't know how to deal with your inner critic, you can feel ashamed, worthless, or low on self-esteem.



Your inner critic might undermine your every accomplishment. Or it might show up as you enter a room of people you've never met before. That harsh inner critic can lead to self-doubt or lack of confidence.

When you let your inner critic control too many of your actions, it could hold you back from things like happiness, success, growth, connection, and your full potential.

Even though the way we think influences how we behave, those thoughts we have are not always true! If someone feels insecure and believes no one wants to talk to them, how charismatic do you think they will be in social settings?



# SELF-INSPIRATION

## 7 Strategies to Deal With Your Inner Critic

Follow these strategies to deal with your inner critic and take control of your life:

- **Acknowledge and understand.** When negative thoughts come up, acknowledge your thoughts. Try to understand the source of where your thoughts are coming from.



- Why was this a great idea minutes ago?
- How old do I feel right now?
- Why do I feel this way?
- What are some patterns I recognize?
- Where do these thoughts come from?
- How do these thoughts affect my behavior?
- What would I achieve if I don't feel this way?



- **What advice would you give a friend?** If a friend came to you in the same situation as you feel, what advice would you give to them? Many times, we are harder on ourselves than we are with others.



**Remind yourself that everyone has an inner critic.** Having an inner critic is a human function. It comes from the parts of our brain that evolved to protect ourselves. If you find yourself in a loop of critical thoughts, remind yourself that every human experiences self-doubt at one point or another.

# SELF-INSPIRATION

## 7 Strategies to Deal With Your Inner Critic

- **Separate facts from feelings.** Your brain might be hardwired to think that no one wants to talk to you or that you are a bad person. But is that actually a fact? Practice sorting through facts and your feelings.



- What is another, more positive way you could look at the situation?
- What do I usually hear from my clients when I complete a job?
- How do I feel after finishing a performance?
- How have I felt every time I overcome adversity?

- **Practice self-acceptance and self-compassion.** Replace negative or critical thoughts with accepting and compassionate ones. Have a selection of empowering, compassionate beliefs that you can tell yourself instead of succumbing to negative ones. For example:



- I am healthy, strong, and capable of overcoming adversity.
- I am grateful for who I am now.
- My positivism brings me multiple opportunities.  
I enjoy and accept my life as is.

- **Challenge your inner critic.** When your inner critic comes out, what is it saying? How can you challenge your inner critic?



- Write down times in your life when people have said positive things about you.
- Focus on your strengths and what you are good at.

# SELF-INSPIRATION

## 7 Strategies to Deal With Your Inner Critic



- **Distract yourself when you start replaying mistakes in your head.** Have you ever made a mistake and replayed those moments over and over again? That doesn't resolve the issue. If you find you are ruminating instead of actively problem-solving, distract yourself from those thoughts.

- Take a walk
- Read a book
- Listen to a podcast
- Play a game
- Cuddle your pet
- Talk to a friend

### ***Your inner critic does not have to control your life!***

Taking these steps to silence your inner critic and nurture a more empowering inner dialogue can help you grow and expand your horizons.

There is a difference between that harmful voice telling you that you are not good enough, and wanting to improve yourself. Use the tips above to silence your inner critic so you can reach your full potential.

# SELF-INSPIRATION

## INSPIRING YOURSELF

You probably worry about improving your finances, your marketing and your landscaping, but do you ever give time and attention to improving yourself? Are you as knowledgeable, capable, and healthy as you can possibly be?

***Time spent on self-development is never wasted.*** Since time is limited, it is essential that you spend that time wisely.

### Enhance yourself and live a life you love:



- **Try a new hobby.** Try something outside your normal scope of activities. Join a ping-pong league or learn how to paint with watercolors. Stretch yourself beyond your current boundaries.



- **Contribute to your community.** Consider volunteering a few hours of your time each week. You will help others by giving back, feeling good about yourself, and making new friends.



- **Get at least six hours of sleep.** Science has shown that everyone performs better after six hours of sleep than they do on less. Create evening routines that contribute to sound sleep and get to bed at a reasonable time each night.

# SELF-INSPIRATION

## INSPIRING YOURSELF



- **Take on one of your fears.** It doesn't matter whether it's a fear of clowns, spiders, public speaking, or heights. Get a book on phobias and try to help yourself. Get professional help if necessary. Conquering one fear can bring you a new confidence that forges through anything.



- **Read something new each day.** Constructive reading is convenient, useful, and fun. There is little that can't be learned from reading. Schedule your reading time and develop a reading list. Most importantly, make an effort to apply what you learn. Knowledge is useless if unused.



- **Learn a new language.** You could be practical and learn Spanish or attempt something more exotic like Japanese or Persian. People that know more than one language are fascinating. There are many free language exchanges available online. You can help someone learn English while they teach you, French.



- **Use your artistic talents.** Make time for writing, photography, music, painting, or other artistic pursuits. Even if you believe you have zero artistic ability, it is still worth the time. What form of art interests you the most?



- **Create a new habit that supports the life you desire.** It might be eating a healthy breakfast or going for a walk after work. Maybe you want to read or meditate for 15 minutes each day. Focus on one habit and make it permanent.

# SELF-INSPIRATION

## INSPIRING YOURSELF



- **Make a new friend.** You can never have too many friends, but your life rarely changes when you hang around the same people every day. Find a new friend outside of your normal circle of people.



- **Take a class.** Learn something new from an expert and surround yourself with like-minded people. You'll broaden your horizons and increase the size of your social circle.



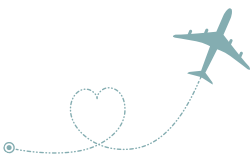
- **Start a blog.** Share your experiences and expertise with others. You might even make a second career out of it.



- **Get in shape.** Make small improvements to your diet and exercise habits and finally get the body and confidence that you deserve.



- **Learn how to meditate.** Mindfulness and meditation are all the rage. ***There are many benefits, both physical and psychological, for those that meditate regularly.***



- **Take a trip to someplace new.** Why are you waiting to take that trip of a lifetime? Time is ticking away. Get online and book a trip today.

Self-development can be fun! Increasing your capabilities does not have to be like studying for a calculus test. It is as much about having experiences as it is about gaining knowledge. ***Give yourself the attention you deserve.*** The more life skills and talents you develop, the more you'll be able to appreciate and enjoy everything life has to offer.

# SELF-INSPIRATION

## The Secret to Making Yourself More Coachable

Finding a competent and compatible coach is only half the battle. It is also important to develop your own coachability.

If you are like most entrepreneurs, you probably want to succeed, but you may resist coaching for reasons that you are not even aware of.

However, you can develop skills and qualities that will prepare you to accept guidance and act on it.

Learn how to become more coachable. Use this checklist to find the areas you need to work on so you can have a successful relationship with your coach.

### Communication Skills



- **Listen closely.** Pay attention to what your coach has to say. Listen to understand rather than to respond. Look for the truth in any message instead of dismissing their perspective or trying to make excuses. Maintain eye contact and resist any urge to interrupt.



- **Ask questions.** Ensure you understand what your coach is telling you. Paraphrase their statements in your own words. Clarify any points you are unsure of and ask for concrete examples.

# SELF-INSPIRATION

## The Secret to Making Yourself More Coachable



- **Watch your body language.** Ensure that your gestures and expressions are friendly and consistent with your words. Coaches are human. It's easier for them to fully engage with you when they feel respected and appreciated.



- **Open up.** Recognize that there is more than one way to approach the same goals. Consider your coach's suggestions even when they are different from your usual methods.

## Other Skills and Qualities



- **Value learning.** Are you excited about adding to your knowledge and stretching your skills? Learning is a mindset that helps you to make sounder decisions and adapt to change. It can also motivate you to persevere through the coaching process.



- **Set goals.** While your coach can help you to reach your goals, you need to be sure that your targets are specific and meaningful for you. Write your goals out and tell others about them so you will feel more accountable.

# SELF-INSPIRATION

## The Secret to Making Yourself More Coachable



- **Adjust your expectations.** Do you understand the difference between coaching and consulting? A consultant is usually hired to fix a specific issue. A coach works with you to build your strengths so you can achieve the outcomes you desire.



- **Cultivate gratitude.** Thank your coach for the positive impact they make in your life. Putting their insights into action is also an effective way to show them that they're making a difference.



- **Be humble.** Remember that your coach and anyone you meet have valuable things that they can teach you. Tame your ego so you can create productive relationships and take advantage of rewarding opportunities.



- **Practice consistently.** How can you take what you learn from coaching and use it to make positive changes in your work life? Develop a strategy for enhancing your performance and set specific goals for areas where you want to grow. Deliberate practice requires discipline and effort, but it pays off.



- **Evaluate your progress.** Self-examination is an important part of the coaching process. Reflect on the areas that you have already covered and what you want to do next. Enjoy discovering more about yourself and your abilities.

# SELF-INSPIRATION

## The Secret to Making Yourself More Coachable

Being coachable is about being ready and willing to learn and build new habits, with the sole purpose of unlocking your potential so you can achieve greater personal and professional success. Coaching can help you to clarify your vision and leverage your strengths by the use of the tools your coach provides.

As follows, you will find detailed information about each coach who contributed to this program. This international and compassionate entrepreneurial team is ready to support your growth

	<b>Lori Friesen</b> Manitoba, Canada	Certified Life, Spirituality Coach	In-person and Online
	<b>Sherry Buckley-Brown</b> Texas, USA	Professional Development & Certified Life Coach	Online
	<b>Elizabeth Bennett</b> Alberta, Canada	Certified Life, Parenting Coach	In-person and Online
	<b>Valerie Simms</b> Ontario, Canada	Personal Development & Certified Life Coach	Online
	<b>Lioudmila Vksich</b> Alberta, Canada	Certified Life Coach	Online
	<b>Ana-Maria Ortega</b> Alberta, Canada	Certified Life, Professional Development & Business Coach	In-person and Online

# CHAPTER SEVEN

Lioudmila Viksich

# WHAT'S LOVE GOT TO DO WITH IT



## Self-Love

If you've reached this point in the *Dare To Achieve Your Dream Blueprint*, it's evident that you don't want anything to hold you back from your dream. You're ready to learn something new and move forward.

### It's OK To Not Be Perfect

By reaching this point in the Blueprint, do you realize you *have* already demonstrated Self Love? But you don't want to let a few imperfections cloud your self-love and keep you from attaining your dream.

Do you ever find yourself focusing on your imperfections instead of your qualities? Here are a couple of examples to get you thinking:

1. Instead of focusing on your imperfect nose, focus on your fabulous sense of humour.
2. Instead of focusing on how bad you are when it comes to working with numbers, focus on how comfortable you are starting a conversation with a new person in a new setting.
3. Instead of focusing on your fear of public speaking, focus on how awesome you are at writing and speaking a second language.

\* STAY  
Positive \*



# SELF - LOVE

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**NOW ITS YOUR TURN TO SHIFT YOUR FOCUS FROM YOUR IMPERFECTIONS TO YOUR QUALITIES.**

FOR EVERY IMPERFECTION YOU SEE IN YOURSELF, LIST AT LEAST 3 QUALITIES YOU RECOGNIZE:

IMPERFECTION	QUALITY

***EMBRACE YOUR IMPERFECTIONS  
AND FOCUS ON YOUR QUALITIES  
WHAT MAKES US DIFFERENT ~ MAKES US UNIQUE!***

# SELF-LOVE

## Self-Care

### What have you done for YOU lately?



Taking care of yourself mentally, physically, emotionally, and spiritually on a daily basis is the most important thing. You could say it is the backbone of everything that's important in your life, whether your business, career, relationships or health. When the backbone is strong, you have a solid foundation for every aspect of your life, which includes being an entrepreneur.

What is on your schedule for today? Oh.. yes! You are focusing on your personal growth by reading this Blueprint. **That's great! But what about tomorrow? Next week? Next month? And so on.**

### SAMPLE SELF-CARE SCHEDULE

10:00 pm - 6:00 am Sleep  
6:00 am - 6:30 am Meditation  
6:30 am - 7:30 am Hygiene / Beautification  
7:00 am - 7:30 am Nutrition  
7:30 am - 8:00 am Listen to a book or classical music while driving to work  
12:00 am - 1:00 pm Lunch, walk  
6:00 pm - 6:45 pm Dinner with family  
8:00 pm to 8:15 pm - Gratitude journalling



**What get's scheduled, get's done!  
It's time to create your own Self-Care Schedule!**

# SELF-CARE

## Self-Worth

Think about this: how much is your hearing worth to you? What about your vision, hearing, or any body part? It would be impossible to attach a value to everything your body does for you.



And what about your wisdom, your thoughts, your heart, your desire to be of service to others? How valuable are you to your family, friends, customers, community and the world?

It's vital to take care of something so priceless as YOU. How are you investing in yourself to maintain and improve this innate wealth? Improving your knowledge, skills and experiences will enhance your Self-Worth.

## Are You Allowing Love Into Your Life?

Another powerful form of self-love is the reciprocity of love between you and others. To give too much love to others and not yourself, or to give too much love to others and not allow that flow of love back to you, can lead to imbalance and frustration.



Allowing love into your life can sometimes be scary, especially if there is heartache in your past. But learning to accept this flow of love back to you will keep your cup overflowing and make you stronger and more resilient.





# Self-Love Allows You to Share Love

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Are you starting to see the value and power of Self-Love? Self-Love is not selfish – it allows you to feel more secure, strong and confident. Self-love helps fill your cup to the point of overflowing, which allows you to be vulnerable and share your love with others, creating a positive feedback loop. The more love you receive and experience, the more love you are able to share with others. This gives you wings to be creative and successful in all your endeavors.

- ✔ Complete a Personal Inventory of experiences and situations where connection and sharing with others had a positive impact on you and your feelings. . .

<b>EXPERIENCES / SITUATIONS</b> <b>EXAMPLE:</b> UNEXPECTED AND PLEASANT CALL FROM YOUR BROTHER AFTER A FEW YEARS OF NO CONTACT	<b>FEELINGS</b> RELIEVED AND HOPEFUL

# CONNECTION AND COMMUNITY

## Connection & Community



We have already established that self-love and the reciprocity of love gives you strength, stability and enhances connection. **Connection creates community** and when you are part of a community, it makes it easier to stay connected and hopefully, ask for help.

Maybe you feel like you should already know everything you need to know, or that you need to take on every task and complete it on your own. This just isn't true and is a guaranteed path to frustration and burnout.



If you don't already have a support network in place, it's time to build one. Or you might simply need to acknowledge the support you do have that you're not taking full advantage of. And remember, when you connect with people you might find that one day you will support them. Connection and Community should be a win-win proposition.

- ✓ Start a list of your personal and business support group. If you think you don't have anyone, you're welcome to use any of the authors for this Blueprint (you will find each Author's Bio at the very end).

Remember, when you connect with people, you might find that one day they will need your help. What goes around, comes around..



# TOOLS FOR YOUR SELF-LOVE LIFE LONG JOURNEY

Your Self-Love journey is a life-long one. Here are some final thoughts to encourage you on this path...



- Learn to accept, and eventually love your imperfections and embrace your qualities.
- "Imperfections are not inadequacies - they are reminders that we're all in this together." ~Brené Brown~



- Self-care is vital to achieving your dream and making the impact you desire. Schedule time for yourself first and watch everything else fall into place.



- Know that you are priceless and bring your unique essence to everyone you interact with. Acknowledge and embrace your life experiences and the achievements you have attained. "The way you treat yourself sets the standard for others." ~Sonya Friedman~



- Connection, community and the ability to ask for help are pillars for flourishing and success. Start recognizing and strengthening these vital components for Self-Love.



- "Don't be afraid to ask questions. Don't be afraid to ask for help when you need it. I do that every day. Asking for help isn't a sign of weakness, it's a sign of strength. It shows you have the courage to admit when you don't know something, and to learn something new." ~Barack Obama~

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# CHAPTER EIGHT

Sherry Buckley-Brown

# UNIQUELY YOU



## Uniquely YOU

Growing up as a kid, I can remember my relatives and friends asking me what I wanted to be when I grew up. While I would rattle off something I had seen on television, I really wasn't sure. I would again hear the same question throughout middle and high school. Looking back on the twists and turns of life, I personally could not have answered that question correctly at the time, and not for years to come.

I find it fascinating that there are some people who innately know from an early age, the career path they will take in life and follow through on it. I have to say that I admire those people. And that I was not one of them!

# UNIQUELY YOU

A **recent survey by Toll Free Forwarding** asked 2,000 Americans what they wanted to be when they grew up.

<https://tollfreeforwarding.com/blog/doctors-writers-and-esports-players-how-the-childhood-dream-job-has-evolved/>

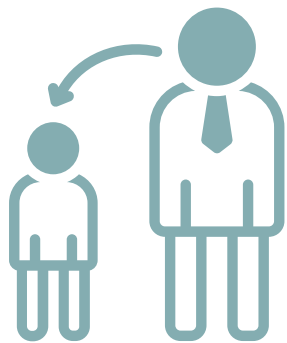
Interestingly, 24% reported having their childhood dream job at some point, but only 10% hold it today.

64% said that the dream job lived up to their expectations.

76% never made it to their coveted childhood job, however, 39% of that percentage regret not chasing after it, and 34% said they just didn't have the right skills, 16% cited financial barriers, and 10% put raising a family first.

A third of respondents said they were unhappy in their career, dream job or not. (Ladders Press, Sheila McClear, January 10, 2019)

Even today, there are still many people at all ages and stages of their careers asking themselves the question, what do I want to be when I grow up? But what if there is still hope? What if you can take steps to identify your strengths and put a plan of action in place that will allow you to act on them effectively?



# UNIQUELY YOU

A first mindset step is to simply start taking the pressure off yourself and look at things differently. Focusing on your positives and your strengths versus your gaps is a much better alternative. Did you know that persuasion, positivity, observation, decisiveness, modesty, tenacity, insight and strong soft skills are strengths?



Most people intuitively know what they are good at. Think of your strengths as you would your intuition. Something you do without much thought or effort, but are good at it. People seek out your help, your services, your input, or simply to get your advice. Are there common themes that keep showing up in your life? Do you have a natural talent, like gardening, playing an instrument, giving advice, painting, repairing items, etc.?

If so, how do you cash in on your UNIQUENESS? There are many personality tests available that are pretty accurate when answered truthfully and can lend insight into your strengths. You can also connect with people in your circle that can help you understand your strengths.

**Try this free personality test**  
**[www.testcolor.com](http://www.testcolor.com)**

# UNIQUELY YOU

## Here are a few things to try:



1. Get quiet and create a list of things you think you do well. I suggest brain dumping these in a notebook. If you get stuck, come back to it later. Repeat the cycle if needed.



2. Listen to what others say you're good at. What skills do people compliment you on?



3. Acknowledge and embrace what you love: gardening, singing, painting, making things beautiful?



4. Talk to friends and family you trust.



5. Take a personality test.



6. Try new things, you might surprise yourself.

# UNIQUELY YOU

Once you've identified your strengths, start to brainstorm as to how these bring value and how they could lead to a career you enjoy. Categorize them and look for common threads and themes that might point to a new career.

## **Don't be afraid to think outside the box!**

Knowing who you are and understanding your unique value will be the key to finding the opportunity you seek. **Take Action!**

## **What does your big picture look like?**



# CONCLUSION...

# ITS TIME TO

# ACHIEVE YOUR DREAM



**Congratulations!** You've completed the *Achieve Your Dream Blueprint* and now have everything you need to **Break Free** from whatever's been holding you back!!!

As you look back over the blueprint, was it just one thing, or a combination of things that were holding you back? Do you have a clear vision and new path forward?

It's important to take immediate and **inspired action** right away! What three steps will you take over the next 30 days to start moving in the direction of your dream?

Step 1

Step 2

Step 3

# CONCLUSION... ITS TIME TO ACHIEVE YOUR DREAM



As you start moving forward and building momentum, don't be surprised if somewhere down the road you find yourself starting to feel a little bit stuck - it happens to the best of us. If that happens, get back to basics and review your Blueprint. Determine which element needs your focus and get right back on track.



If you've found this Blueprint beneficial, imagine how great it would be to work directly with one of the Achieve Your Dream Blueprint Authors! Each author offers their unique coaching style and specialty and would love to connect with you. You can find their contact information in the following Bio Section.

"Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness that most frightens us."

~Marianne Williamson~

**It's Time To Step Into Your Light!**

# MEET THE AUTHORS

## Lori Friesen

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With over 30 years-experience in coaching, counselling and spiritual exploration, Lori founded her company **Life Path Pursuits** in 2011, and provides transformational coaching to help her clients live the life they were born to live.

Lori loves working with Soul Seekers and Hesitant Leaders and is a Certified Life, Leadership and Spiritual Coach.

While training and certifications are important, Lori believes it's the challenges she's overcome in her own life that allow her to connect with and inspire others.

Lori's been a Soul Seeker her entire life and has explored energy work, numerology, intuition, interpretive card readings, dream interpretation, mindfulness, visualization and meditation; and combines these spiritual modalities with flourishing coaching strategies, to offer a truly unique journey through self-transformation.

For anyone interested in Dream Interpretation, Lori's first book, **Your Dream DNA (Decode The Divine Network Alerts Of Your Dreams)** will have you interpreting your own dreams in no time.

In addition to 1-on-1 coaching, Lori offers a wide range of workshops and group training, including her signature program, **The Soul Seeker Team Expedition**, designed for those ready to start living the life they were born to live.

# MEET THE AUTHORS

## **Sherry Buckley-Brown**

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Sherry Buckley Brown is a pioneering certified life coach, author, and motivational speaker who's only recently stepped onto her platform of hope and is inviting people worldwide to join her there. From this platform, she plans to share the story of grief and struggle that shaped her from an early age, leading her to become the unstoppable force of inspiration and positivity she is today, in the hopes of helping others to discover the true depths of their abilities. With over 2 decades of corporate leadership experience, she knows how to command a room and appeal to the greater good in everyone. She has a MBA in Business.

A two-time breast cancer survivor, a wife, an aunt, an angel grandmom to two grandbabies they call Gigi, and an eternal optimist. Sherry has experienced a lot of pain and trauma in her life and has a wealth of personal strength to draw on. Brown's main philosophy is that of positive psychology and flourishing, leading her to become an experienced coach in both fields. She also has taken on the role of professional development and life coach, combining her natural abilities and personal experience to enact positive and significant change in the lives of others.

Sherry Buckley Brown resides in the Dallas TX area and is in the process of writing a book and is available for speaking engagements.

# MEET THE AUTHORS

## Valerie Simms

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Valerie Simms is a Certified Life Coach and entrepreneur with an unmatched passion for coaching and guiding her clients to attain a life of balance using her innovative technique, the “Mastery of Balance” formula.

She aims to help her clients move from ‘Zero to Hero’, teaching them how to set life goals and dedicate themselves to their dreams. She understands that beneath every individual lies unique abilities that they can harness to reach their full potential. She has dedicated her life to helping women to discover their hidden talents and use them to pursue a greater good.

Valerie is a holder of a Bachelor of Business Administration, Financial Planning, and Canadian Securities and Insurance Licences. Given her interest in living a balanced lifestyle and helping others attain the same goals, Valerie transitioned from the investment industry in 2011 to coaching, which saw her become a Certified Yoga Teacher, Reiki Practitioner, and Certified Master Coach after earning the requisite certifications.

She combines her business knowledge and holistic teachings to offer excellent coaching services, guiding a wide range of clients across the US and Canada to a balanced, sustainable, and productive lifestyle.

Valerie is a friend and a loving mom to her twenty-year-old son. She is an enthusiastic lover of various winter and summer sports, including snowshoeing, skiing, skating, sailing, and yoga.

Connect with Valerie and book your session with her to receive person-centered and responsive services that will help you solve your problems and live a purposeful life.

# MEET THE AUTHORS

## Elizabeth Bennett

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### Founder and Educational Coach at Elizabeth Bennett Group.com

With over 35 years of teaching, administration and coaching experience, Elizabeth offers a unique blend of leadership, vision and a vast knowledge background.

Elizabeth is an international speaker, 4 time best selling author, life and parenting coach. In her previous life she was an award winning school principal.

She has a relentless passion for empowering people to take on their lives with joy and love with a little humour sprinkled in for good measure.. She is dedicated to sharing her desire to create positive and connected relationships with community and business leaders, educators and especially parents.

Her latest book: ***"Courageous Conversations: A Guide for Parents to Understand and Connect with Their Teens."***

[www.courageous-parents.com](http://www.courageous-parents.com). (free gift)

# MEET THE AUTHORS

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### **Founder & Certified Master Coach at Eagle Business Coaching Meraki Coaching - Canada**

A global citizen with one mission: to empower, inspire and help others flourish.

Originally from Quito-Ecuador, she is a humanitarian, servant leader, mother, daughter, wife, and entrepreneur. Ana-Maria has built a prosperous career in business for over 25 years across multiple industries within three different countries. Some academics under her belt have supported her professional journey: a BCom; a Master's in strategic Direction & Innovation, and a Diploma in Telecomm Law and Management, among other international certifications.

Eagle Business Coaching™ and Meraki Coaching™, her companies since 2016, are where she thrives as a Leadership, Business, Career, Workplace, and Life Coach, supporting the growth of entrepreneurs and internationally trained professionals in the Americas.

[www.merakichoice.com](http://www.merakichoice.com)

# MEET THE AUTHORS

## Lioudmila Viksich

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### **Certified Life Coach and Director at Beauty S.O.S. Inc.**

Lioudmila Viksich has been a professional in the beauty and cosmetic industry for the last 25 years. Soon after moving to Canada, she became a certified aesthetician and then transitioned to medical aesthetics when the industry was still young. She continues to expand her knowledge and expertise, and loves to teach others the value of self-care and self-love.

At 3 years old Lioudmila was sure she was destined to become a teacher and at 19 years old received her Diploma in Early Childhood Development and Education. Since then, her passion for teaching has manifested in coaching and training medical aestheticians and technicians, and celebrating their personal growth and success in the industry.

Lioudmila is a lifelong learner, and you can always find her challenging herself with something new. Her favourite phrase is "The more I learn, the more I want to learn."

# RESOURCES

## **6 Strategies for Breaking Fear & Attacking Anxiety**

Brown, Abe

[www.breakingfreeoffear.com](http://www.breakingfreeoffear.com)

Certified Flourishing Coach

[www.certifiedflourishingcoach.com](http://www.certifiedflourishingcoach.com)

## **Mindset: The New Psychology of Success**

Dweck, Carol S.

Ballantyne Books, 2007

## **7 Reasons Why People Don't Set Goals . . . and Why They Should**

April 5, 2017, In Recruitment Sales by Gavin Ingham)

[Click here for the article.](#)

## **The Power of Smart Goals ~**

### ***Using Goals to Improve Student Learning***

O'Neill, Jan & Conzemius, Anne

Solution Tree Press, 2006

**THE FUTURE  
BELONGS TO  
THOSE WHO  
BELIEVE IN THE  
BEAUTY OF  
THEIR DREAMS.**

ELEANOR ROOSEVELT